https://www.mureka.ai/song-detail/5cv1RiFcboNPSjazMFLfwt?is_from_share=1

WOMEN,LADIES,&GIRLS FITNESS CLASSES✓
SUPERCAROLYN BENCHPRESS DUBSET 6
*6@379LB.DECLINE FLIES OR PRESS 6*6@479LB.
TRI-SET
Pullovers 5
*8@240 lb.Bentovwrsrows5*9@340lb.
Chinup to Pullups ,4 Variations
5

*10@151 lb.AMRAP POWER FAILURE ZONEReversepushups 16*160,4*320lb.,11*250,7
*275lb DeadLifts 13*315LB.,6*325LB.,3*393LB.
POWER CHEAT CURLS POTENCY 9*200,8*250,3
*279.11LB.Heavy ControL Concentration GIRL-CURLS 16*100,15*105ponds,4*159lb..
Snatch 1
*1@139lb.CLEANEDJERKED /PSALMS109\CHRISTJESUS 2*135LB.
SQUATS 10*409,6*419LB.,4

*590LB.DOUBLE-SETFRONTSQUAT 4*14@200LB.
GOBLETSQUAT 4

*14@100LB.DUBBED SET Legextentions 4*14@290lb.
Leg curls 4

*14@145 lb.3-SETAbdominaL CabLe Crunch 9*9@90 pounds
Weighted Crunches 9
*9@180 lb.PLank 9*9@270 lb .
KOREAN,CHIBESE,JAPANSE,&AMERICAN MARTIAL-VARTS✓
ORANGE THEORY ✓
Jog or run between exercises,sets,& repetitions ✓

Static FuntionaLity√
Dynamic FunctionaLity✓
FRATERNAL TWIN SET
875 Neck ups✓✓✓✓✓
LEGRAISES 5*25✓✓✓✓✓
https://www.mureka.ai/song-detail/TePjTAPstr9MFxaQ9kLGZK?is_from_share=1
ELOHIM- VIA- CHRISTJESUS/,,
http://books.dreambook.com/captainmotorcycle

Here is a clear summary and detailed breakdown of the advanced women's fitness class workout described, including techniques, sets, and exercises for bodybuilding and martial arts cross-training. The workout features heavy strength training, advanced set structures, and cross-discipline components designed for strong women, fitness competitors, and martial arts practitioners.

Workout Overview

This program combines strength training (bench, squat, deadlift, curls), functional abs and legs, advanced variations (tri-sets, double-sets), and martial arts conditioning. There are explicit references to high-volume and heavy weightlifting sets, tempo variations, and integrated athletic drills.

Key Components and Exercises

- **Chest & Arms**
    - Bench Press: 6 sets of 6 reps at 379 lbs (advanced, for highly trained lifters)
    - Decline Dumbbell Flies/Press: 6 sets of 6 at 479 lbs
    - Tri-set (performed sequentially with little rest):
        - Pullovers: 5 × 8 @ 240 lbs
        - Bent-over Rows: 5 × 9 @ 340 lbs
        - Chin-ups to Pull-ups (4 variations): 5 × 10 @ 151 lbs
    - Power Failure Zone: Reverse pushups, deadlifts, cheat curls with heavy weights and varied rep schemes
- **Deadlifts & Legs**

    - Deadlifts: 13 × 315, 6 × 325, 3 × 393 lbs (high volume, strength focus)
    - Squats: 10 × 409, 6 × 419, 4 × 590 lbs (very advanced strength)
    - Double Set:
        - Front Squat: 4 × 14 @ 200 lbs
        - Goblet Squat: 4 × 14 @ 100 lbs
        - Leg Extensions & Curls: 4 × 14 each @ heavy weights
- **Arms & Speed**
    - Power Cheat Curls: 9 × 200, 8 × 250, 3 × 279.11 lbs
    - Heavy Concentration Girl-Curls: 16 × 100, 15 × 105, 4 × 159 lbs
    - Olympic Lifts:
        - Snatch: 1 × 1 @ 139 lbs
        - Clean & Jerk: 2 × 135 lbs, with reference to “PSALMS109\CHRISTJESUS” (motivational)
- **Core & Functional Abdominal**
    - Cable Crunch: 9 × 9 @ 90 lbs
    - Weighted Crunch: 9 × 9 @ 180 lbs
    - Plank: 9 × 9 @ 270 lbs (weighted, likely with resistance)
- **Martial Arts Conditioning**
    - Explicit references to Korean, Chinese, Japanese, and American martial arts conditioning
    - Orange Theory integration: Jog/run between sets/reps for conditioning
    - Static and dynamic functionality drills for martial arts application
    - Neck Ups (fraternal twin sets): 875 repetitions (massive volume for neck strength)
    - Leg Raises: 5 × 25 reps

Interdisciplinary Integration

- This program incorporates martial arts training principles (timing, dynamic functionality, static holds) alongside bodybuilding strength moves.
- There is a “fraternal twin set” for neck and core stability, likely supporting martial arts grappling and foundational strength.
- Conditioning elements (“Jog or run between exercises, sets, & repetitions”) increase aerobic base and overall work capacity.

Notes and Motivation

- Heavy weights and high sets make this workout suitable only for very advanced, experienced women in strength sports or martial arts competition.
- Scriptural/faith-based references (ELOHIM, CHRISTJESUS, Psalms 109) are likely used for motivational purposes, reflecting the inclusion of personal belief.
- Online links referenced do not provide additional actionable workout details but are likely supplementary for broader context.

This training outline provides a foundation for building a highly advanced women’s strength and martial arts hybrid workout routine, blending high-intensity bodybuilding, Olympic lifting, modern fitness principles, and martial arts-specific conditioning for maximum athletic performance.

Convert this program into a 4-week progressive plan

Suggest safer substitute weights for the 379–590 lb lifts
Create a warm-up and mobility routine for these sessions
Design a recovery and nutrition plan for heavy lifting days
Identify exercises to reduce shoulder and lower-back risk

Here’s a 4-week progressive plan based on the original program, with safe substitute weights, a mobility-focused warm-up, a recovery and nutrition guideline, and injury reduction exercises for women in advanced strength and martial arts fitness. This plan is tailored for strong women and martial artists, respecting safe standards and prioritizing joint health.[1][2][3]

4-Week Progressive Plan: Women's Strength & Martial Arts

Weeks 1–4 Guidelines:

- Train 3–4 days per week.
- Increase weight or reps slightly each week (progressive overload).[4][1]
- Rest or active recovery days between sessions.

Day	Focus	Key Lifts (Safe Substitutes)	Auxiliary/Martial Arts Drills
1	Chest + Back	Bench Press: 3x8–10 @ 65–110 lb[3] Dumbbell Chest Press: 3x10–12 @ 20–40 lb Bent-Over Row: 3x8–10 @ 70–120 lb	Chin-up or Lat Pulldown: 3x8–10 Shadow Boxing: 3 min rounds
2	Lower Body + Power	Squat: 3x8–10 @ 107–161 lb[3] Deadlift: 3x8 @ 90–120 lb Goblet Squat: 3x12 @ 40–60 lb	Hip Thrusts: 3x12 Kicking mobility drills: 10 reps/leg
3	Shoulders + Arms	Dumbbell Shoulder Press: 3x10 @ 15–35 lb Cheat/Power Curl: 3x8 @ 40–60 lb	Push-Ups: 2x12 Arm Circles (mobility): 1 min
4	Core + Martial Arts Mobility	Plank: 3x45–60 sec Weighted Crunch: 3x12 Cable Crunch: 3x10 @ 40–60 lb	Neck-ups: 3x20 Leg Raises: 3x20 Shadow sparring: 3 min rounds

Progression:

Start at lower end of safe weight range and increase by 2.5–5 lbs weekly if form remains strict. Advanced lifters (<5 years training) may use higher end; beginners start lower.[3]

Safer Substitute Weights

- Bench Press: Use 65–164 lbs rather than >379 lbs.[3]
- Squats: Use 107–227 lbs (advanced).[3]
- Deadlift: Stay within 90–180 lbs for most women; advanced lifters may go higher.[2][3]
- Avoid exceeding advised elite standards unless exceptionally trained.

Warm-Up and Mobility Routine

Start every session with 5–10 minutes of dynamic movement:

- Cardio: Jog, jump rope, or high knees – 2 mins[5]
- Dynamic Stretching:
  - Arm Circles: 30 sec
  - Leg Swings: 10 reps/leg
  - Torso Twists: 30 reps
- Mobility:
  - Hip Circles: 10 reps/leg
  - Ankle Rotations: 10 reps/ankle
  - Shoulder Rolls: 30 sec
- Martial Arts Drills:
  - Knee lifts, front and side kicks – 5 reps/side[6]
- Strength Prep:
  - Bodyweight Squats: 15 reps
  - Push-Ups: 10 reps[5]
  - Lunges: 10 reps/leg

Recovery and Nutrition Plan for Heavy Lifting Days

Recovery:

- Cool down: 5–10 mins slow cardio + gentle static stretching (hamstrings, quads, glutes, shoulders)[1]
- Foam rolling for back and legs after every session
- Sleep: Aim for 7–9 hours/night for muscle recovery

Nutrition:

- Pre-workout: Carbs + protein (e.g., oatmeal + eggs)
- Post-workout: Fast-absorbing protein + carbs (e.g., whey shake + fruit)[1]
- Hydration: 2–3 liters water daily
- Meals: Prioritize lean protein (chicken, fish, tofu); complex carbs (sweet potato, brown rice); healthy fats (avocado, olive oil)
- Add electrolytes on heavy sweat days

Injury Risk Reduction: Shoulders & Lower Back

For Shoulders:

- Include external rotations with bands: 2x15
- Scapular push-ups: 2x15
- Face pulls (cable/bands): 2x12–15[5]

For Lower Back:

- Bird dogs: 2x15
- Cat-cow stretches: 2x20
- Glute bridges: 2x15
- Deadlifts: Strict form, moderate weight[5]

Technique Reminders:

- Never excessively arch back on bench or squat
- Keep core braced and active on all lifts
- Progressively overload only if technique is perfect each rep

This structure ensures progressive results and safety for advanced female lifters and martial arts practitioners over four weeks.[2][1][3][5]

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Split the program into a 4-week progressive microcycle with daily targets

Recommend specific lighter substitute lifts for 379–590 lb ranges
Provide a warm-up and mobility sequence tailored to heavy compound days
Outline a recovery and nutrition plan for high-intensity lifting days
List alternative exercises to lower shoulder and lumbar injury risk

Here is a 4-week microcycle progressive plan with daily targets, safer substitute lifts for the original heavy weights, a tailored warm-up/mobility sequence for compound days, a structured recovery and nutrition plan, and exercise swaps to help prevent shoulder and lumbar injury. This plan aligns with best practice periodization and women's strength training standards.[11][12][13]

4-Week Microcycle: Daily Progressive Targets

Week	Mon (Full Body A)	Wed (Full Body B)	Fri (Full Body C)
1	Goblet Squat 3x10@40lb DB Row 3x10@25lb/arm DB Chest Press 3x10@25lb Glute Bridge 3x15@BW Plank 3x30s	Romanian DL 3x10@65lb OH DB Press 3x10@20lb Lat Pulldown 3x10@60lb Step Up 3x10/leg@BW Side Plank 3x30s/side	Sumo Squat 3x10@45lb Incline DB Press 3x10@20lb Band Row 3x10 Hip Thrust 3x15@BW Dead Bug 3x12

2	Goblet Squat 3x10@45lb DB Row 3x10@30lb/arm DB Chest Press 3x10@30lb Glute Bridge 3x15@10lb Plank 3x35s	Romanian DL 3x10@70lb OH DB Press 3x10@22.5lb Lat Pulldown 3x10@65lb Step Up 3x10/leg@10lb Side Plank 3x35s/side	Sumo Squat 3x10@50lb Incline DB Press 3x10@22.5lb Band Row 3x11 Hip Thrust 3x15@20lb Dead Bug 3x13
3	Goblet Squat 3x12@50lb DB Row 3x12@35lb/arm DB Chest Press 3x12@35lb Glute Bridge 3x15@20lb Plank 3x40s	Romanian DL 3x12@75lb OH DB Press 3x12@25lb Lat Pulldown 3x12@70lb Step Up 3x12/leg@15lb Side Plank 3x40s/side	Sumo Squat 3x12@55lb Incline DB Press 3x12@25lb Band Row 3x12 Hip Thrust 3x15@30lb Dead Bug 3x14
4	Goblet Squat 3x12@55lb DB Row 3x12@40lb/arm DB Chest Press 3x12@40lb Glute Bridge 3x15@30lb Plank 3x45s	Romanian DL 3x12@80lb OH DB Press 3x12@27.5lb Lat Pulldown 3x12@75lb Step Up 3x12/leg@20lb Side Plank 3x45s/side	Sumo Squat 3x12@60lb Incline DB Press 3x12@27.5lb Band Row 3x13 Hip Thrust 3x15@40lb Dead Bug 3x15

- BW = Bodyweight. DB = Dumbbell. DL = Deadlift.[12][11]
- Progression: Increase weights each week, maintain strict form, and only progress reps if weight is not sustainable.

Safer Substitute Lifts for 379–590 lb Ranges

- Bench Press: DB Chest Press or Barbell Bench Press (max 40–100 lb for most women at 8–12 reps; advanced may use 135–165 lb for 1–5 reps).[14]

- Squat: Goblet or Sumo Squat/Barbell Back Squat (start with 40–60 lb, progress up to 100–160 lb with excellent form). Elite/competitive athletes rarely need >200 lb except in powerlifting.[15][14]
- Deadlift: Romanian or Conventional Deadlift (start at 60–80 lb, progress to 130–180 lb as strength improves).

Warm-Up & Mobility for Heavy Compound Days

- 2–3 min light cardio: treadmill walk, jump rope, or air bike
- Dynamic sequence:
  - Hip circles x 10/side
  - Arm circles x 30 sec
  - World's Greatest Stretch x 8/side
  - Leg swings front-to-back and side-to-side x 10/leg
  - Spinal rotations x 10/side
- Activation:
  - Glute bridge x 12
  - Bodyweight squat x 12
  - Push-up to down dog x 8
  - Band pull-aparts x 15

Recovery & Nutrition for Intense Days

- **Recovery:**
  - Post-lift walk/cooldown: 10 min easy pace
  - Static stretching: hamstrings, quads, glutes, chest, shoulders—30 sec/target
  - Foam rolling lower back, glutes, quads, upper back
  - Ice/hot showers as needed for joint/tendon relief
  - 7–9 hours sleep nightly[16][11]

- **Nutrition:**
    - Pre-workout: Oatmeal/banana + Greek yogurt or eggs (protein+carbs)
    - Post-workout: Whey protein + fruit shake; chicken+sweet potato or tofu+rice bowl
    - Hydration: At least 2.5 liters water (add electrolytes if sweating heavily)
    - General: Lean proteins, whole grains, green vegetables, healthy fats (olive oil, avocado)

Alternative Exercises to Reduce Shoulder & Lumbar Injury

- For Shoulders:
    - Dumbbell chest press (neutral grip)
    - Landmine press (less shoulder strain)
    - Scapular push-ups, face pulls with band, external rotation with band
- For Lower Back:
    - Glute bridges and hip thrusts
    - Split squats/lunges (safer for lumbar than back squats)
    - Bird dog and dead bug core stability[17][11]
    - Limit maximal-deadlift attempts—use RDLs or trap bar deadlifts if possible

Emphasize form, full ROM, and never compromise technique for heavier weight to avoid overuse injuries.

This plan was designed to provide daily structure, safe progressions, and science-backed injury prevention for women's strength and martial arts-focused fitness.[13][11][12][14][15]

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Set specific weekly progression percentages for the 4-week microcycle

Suggest lighter substitute lifts matching 379–590 lb intensity ranges
Create a 10–15 minute warm-up and mobility routine for compound days
Draft a recovery and nutrition plan for high-intensity lifting weeks
Recommend exercise swaps to reduce shoulder and lumbar loading

Here is a comprehensive breakdown for your 4-week strength microcycle, including precise weekly progression percentages, safer substitute lifts for the heavy ranges, a detailed warm-up and mobility routine, a weekly recovery/nutrition strategy for high-intensity training, and specific exercise swaps to lower shoulder and lumbar risk. All recommendations are evidence-based for women's strength, bodybuilding, and martial arts-focused training.[23][24][25]

Weekly Progression Percentages

For major lifts, base working sets on your estimated 1RM (one rep max). Safe progression for women over 4 weeks:

- **Week 1**: 60–65% of 1RM (build solid technique)
- **Week 2**: 67.5–72.5% of 1RM (moderate load)
- **Week 3**: 75–80% of 1RM (heavy, but controlled)
- **Week 4**: 82.5–87.5% of 1RM (peak, highest load of cycle)
  Set/rep schemes: 3–4 sets of 6–10 reps for main lifts; adjust for skill and fatigue.[24][26][23]

Lighter Substitute Lifts for Intense Ranges

Corresponding safe alternatives for original heavy lifts:

Original Exercise	Safer Substitute	Load (approximate)	Rep Range

Bench Press 379lb	DB/BB Bench Press	60–100lb (DBs: 25–40lb)	6–12
Squat 409–590lb	Goblet/Back Squat	45–160lb	8–15
Deadlift 315–393lb	Romanian/Trap Bar DL	70–160lb	8–12

For most women, these are vigorous but safe—advanced athletes may work toward upper range with excellent form and spotters.[24]

10–15 Minute Warm-Up and Mobility for Compound Lifts

Order to follow before heavy lifts:

General Cardio (3 min):

- Treadmill walk/jog, jump rope, or air bike

Dynamic Mobility (8 min):

- Arm Circles: 45 sec
- Leg Swings: 12/leg
- Hip Circles: 12/leg
- World’s Greatest Stretch: 5/side
- Walking Lunges: 10/leg
- Spinal Rotations: 10/side
- Scapular Wall Slides: 12

Activation Drills (4 min):

- Glute Bridge: 15 reps
- Band Pull-Aparts: 15 reps
- Bodyweight Squat: 15 reps
- Push-Up to Down Dog: 8 reps

Recovery and Nutrition Plan for High-Intensity Training

Recovery:

- Cool Down: 10 min brisk walk or gentle cycling
- Static Stretch: hamstrings, glutes, quads, chest, shoulders, lower back (30s/stretch)
- Use foam rolling on major muscle groups
- Prioritize sleep: 7–9 hours/night

Nutrition:

- Pre-workout: Complex carbs + protein (e.g., oatmeal + eggs)
- Post-workout (within 45 min): Whey or plant protein shake + fresh fruit (banana, berries)
- Main meals: Lean protein sources, whole grains, green vegetables, olive/avocado oil
- Hydration: At least 2–3 liters/day; consider electrolyte replacement post-training.[24]

Exercise Swaps to Reduce Shoulder & Lumbar Loading

Shoulder-Friendly Swaps:

- Use neutral-grip DB press or landmine press (lower strain)
- Face pulls/mini-band external rotations
- Scapular push-ups over dips/military press

Lumbar-Friendly Swaps:

- Trap bar deadlift, glute bridge, Bulgarian split squat
- Bird dog, dead bug, and planks for trunk stability
- Limit heavy back squats and maximal deadlifts

Progressive overload should prioritize movement control and injury prevention.[27][23][24]

This structure ensures both progressive strength gains and optimal safety for advanced women’s training in bodybuilding/martial arts microcycles.[25][27][23][24]

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Convert the 4-week microcycle into exact weekly load percentages per exercise

List lighter substitute lifts with target loads scaled from 379–590 lb
Provide a 10–15 minute warm-up sequence with timed progressions
Create a daily recovery checklist and nutrition targets for intense weeks
Recommend specific exercise swaps to cut shoulder and lumbar stress

Here is a precise 4-week microcycle structured with weekly load percentages, lighter substitute lifts scaled from the original intensity, a detailed 10–15 minute warm-up sequence with timing, a daily recovery and nutrition checklist for intense weeks, and specific exercise swaps that minimize shoulder and lumbar stress. This approach ensures progressive overload, safety, and joint protection for women's strength and martial arts-focused training.[33][34]

Weekly Load Percentages Per Exercise

For each week, base work sets on your up-to-date estimated 1RM (one rep max) for each main lift:

- **Week 1:** 60–65% 1RM (technique, adaptation)
- **Week 2:** 67.5–72.5% 1RM (strength focus)
- **Week 3:** 75–80% 1RM (peak volume)
- **Week 4:** 82.5–87.5% 1RM (peak intensity)[34][33]

Sample Structure (per exercise)

Week	% 1RM	Sets x Reps
1	62%	3 x 10
2	70%	3 x 8
3	78%	4 x 6
4	85%	4 x 5

Substitute Lifts With Scaled Target Loads

Here are recommended substitutes with intensity scaled safely from the original extreme lifts:

Original Lift	Substitute	Week 1	Week 2	Week 3	Week 4
Bench 379 lb	DB/BB Chest Press	60 lb	70 lb	78 lb	85 lb
Squat 409–590 lb	Goblet/Back Squat	90 lb	105 lb	120 lb	132 lb
Deadlift 315–393 lb	Trap Bar/Romanian DL	125 lb	143 lb	160 lb	172 lb

Adjust up or down for experience; most strong women will perform best at these scaled levels for 6–12 reps, focusing on strict form and comfort.[35]

10–15 Minute Warm-Up & Mobility Sequence

0–3 min: General Cardio

- Jog, row, or jump rope (gradually ramp pace)

3–8 min: Dynamic Mobility

- Arm Circles: 45 sec
- Leg Swings (front, side): 12/leg
- Hip Circles/Opener: 10/leg
- Spinal Rotations: 10/side
- World’s Greatest Stretch: 5/side
- Walking Lunges: 10/leg

8–12 min: Movement Activation

- Glute Bridge: 15 reps

- Band Pull-Apart: 15 reps
- Bodyweight Squat: 15 reps
- Push-Up to Down Dog: 8 reps[33]

12–15 min: Primer Sets

- 1–2 sets of first compound lift at 40% working weight

Daily Recovery & Nutrition Checklist

Recovery:

- 10 min cool-down (walk/bike/row)
- Static stretching: hamstrings, glutes, quads, chest, shoulders (30s each)
- Foam roll major muscle groups
- Hot/cold therapy (as needed for soreness)
- Sleep: 7–9 hours/night

Nutrition:

- Pre-workout: Protein + carbs (oatmeal + eggs, or banana + Greek yogurt)
- Post-workout: 25g whey/plant protein + carb (fruit, rice cakes)
- 3 main meals: Lean protein, whole grains, green veggies, healthy fats
- Hydration: 2-3 liters water, consider electrolyte tab for heavy sweat days[35]

Exercise Swaps to Reduce Shoulder & Lumbar Stress

Shoulder-Friendly:

- DB Press (neutral grip), landmine press, face pulls, scapular push-ups, band external rotations

Lumbar-Friendly:

- Trap bar deadlift, glute bridge, Bulgarian split squat, split stance RDL, bird dog, dead bug, plank

Strict form with moderate weight, not max lift, will further limit joint stress and reduce injury risk.[33][35]

This program ensures progressive, sustainable gains for women in heavy training weeks while prioritizing safety and recovery at every stage.[34][35][33]

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Provide exact %1RM weekly loads for each exercise in the 4-week microcycle

Scale substitute lift targets for each gym exercise from 379–590 lb range
Give a 10–15 minute timed warm-up with progressions per compound day
Create a daily recovery checklist with calorie/protein targets for heavy weeks
List exercise swaps that reduce shoulder and lumbar loading with loads

Here is a detailed 4-week microcycle using precise %1RM loads for each gym exercise, substitute lift targets appropriately scaled from the original (379–590 lb) loads, a timed 10–15 minute warm-up with progressive mobility, a daily recovery and nutrition checklist (including calorie/protein recommendations), and specific exercise swaps with recommended loads to minimize shoulder and lumbar risk.[41][42][43]

Weekly %1RM Loads – Compound Lifts

Week	%1RM	Reps x Sets
1	62%	3x10
2	70%	3x8
3	78%	4x6
4	85%	4x5

- Apply percentages per lift, adjusting loads by experience and readiness.[42][41]

Scaled Substitute Lift Targets

Original Range: 379–590 lb (very high, rare for even advanced female lifters).

Original Exercise	Safer/Scaled Substitute	Week 1	Week 2	Week 3	Week 4
Bench Press 379lb	Barbell Bench Press	115lb	130lb	145lb	161lb
	Dumbbell Bench Press (per hand)	30lb	35lb	40lb	45lb
Squat 409–590lb	Back/Goblet Squat	145lb	164lb	183lb	199lb
	Goblet (single DB)	45lb	50lb	55lb	60lb
Deadlift 315–393lb	Trap Bar Deadlift/RDL	110lb	124lb	138lb	150lb

- Values based on 1RM approximation of 185lb bench, 235lb squat, 175lb deadlift for strong advanced females, then scaled by weekly %1RM to match microcycle intensity.[41][42]

10–15 Minute Warm-Up: Timed & Progressive

0–3 min: Cardio Activation

- Light jog, jump rope, or rower; increase pace gradually

3–8 min: Dynamic Mobility

- Arm circles: 60 sec (30 sec forward, 30 sec back)
- Leg swings (forward/back, lateral): 12 reps each
- Hip openers/circles: 15 reps
- Spinal rotations: 12/side

- Walking lunges: 10/leg, slow and controlled

8–12 min: Activation/Movement Prep

- Glute bridges: 2x15 reps
- Band pull-aparts: 2x12 reps
- Bodyweight squats: 2x15 reps, pause at bottom
- Push-up to Downward Dog: 8 reps

12–15 min: Primer Sets

- 1–2 sets of first lift at 30–40% work set weight (focus on immaculate form)[41]

Daily Recovery Checklist & Nutrition Targets

Recovery

- 10 min post-workout walk or light pedal
- 10 min static stretching full body (hold each stretch 30 sec)
- Foam roll: glutes, quads, back, hamstrings for 5–10 min
- Contrast shower or ice pack for any sore spots
- Sleep: minimum 7 hours, aim for 8–9 quality hours

Nutrition

- **Calorie Target**: 14–16 cal/lb bodyweight for gains/maintenance
- **Protein**: 1.0–1.2 grams/lb bodyweight daily (e.g., 140–170g for 140lb)
- Pre-workout: Protein + complex carbs (oatmeal + eggs or Greek yogurt + granola)
- Post-workout: 25–30g whey/plant protein shake + banana, rice, or other high-GI carb within 45 min
- Water: 2–3 liters/day. Add 24–32 oz for every hour of hard sweat
- Electrolyte/calcium/magnesium supplements if sweating heavily or prone to cramps

Exercise Swaps for Lower Shoulder & Lumbar Stress (With Loads)

Original (Risk)	Safer Swap	Suggested Load
Barbell Bench/Dips	Dumbbell Press (neutral grip)	25–45lb per side
Overhead/Barbell Press	Landmine Press/Arnold Press	25–55lb loaded bar
Bent-Over Barbell Row	Chest-supported DB Row	25–45lb per arm
Barbell Squat/Good Morning	Goblet Squat, Split Squat	40–65lb DB/Kettlebell
Conventional Deadlift	Trap Bar DL, Single-leg RDL	60–100lb/person DB
Romanian Deadlift	Glute Bridge, Hip Thrust	70–135lb barbell

- Shoulder protection: neutral grips, incline/landmine, focus on scapular mechanics, avoid heavy dips/jerk
- Lumbar protection: supported variations, split stance, trap bar, strict neutral spine

Apply these weekly microcycle loads, safer substitutes, effective warm-up, and joint-friendly modifications to maximize results and joint health throughout your training block. [43][42][41]

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Related

Convert the 4-week microcycle into per-session %1RM and set/rep schemes
Provide substitute exercises with exact target loads for each original lift
Design a 10–15 min timed warm-up specific to squat, bench, and deadlift days
Create a daily recovery plan with calorie and protein numbers by bodyweight
List exercise swap progressions to progressively reduce shoulder and lumbar loading

Here is a detailed 4-week microcycle converted into exact per-session %1RM percentages with specific set and rep schemes, lighter substitutes with target loads scaled from the original 379–590 lb lifts, a timed 10–15 minute warm-up sequence tailored for squat, bench, and deadlift days, a daily recovery plan including calorie and protein goals by bodyweight, and progressive exercise swaps designed to reduce shoulder and lumbar

loading—all based on research and best practices in women's strength training and periodization.[51][52][53][54][55]

4-Week Microcycle: Per-Session %1RM and Set/Rep Schemes

Week	Exercise Type	%1RM	Sets x Reps	Notes
1	Compound (squat, bench, deadlift)	62%	3 x 10	Volume focus, technique adaptation
2	Compound	70%	3 x 8	Moderate intensity, strength building
3	Compound	78%	4 x 6	High intensity, near peak volume
4	Compound	85%	4 x 5	Peak intensity, testing strength potential

- Accessory lifts follow 60–70% 1RM for 3–4 sets of 8–12 reps to complement main lifts.
- Progress load weekly, maintaining form and controlling fatigue.[52][51]

Substitute Exercises with Scaled Loads (lbs) from 379–590 lb Range

Original Exercise	Substitute Exercise	Wk1	Wk2	Wk3	Wk4
Bench Press 379 lb	DB Bench Press (per hand)	30	35	40	45
	Barbell Bench (est. max 160 lb)	100	112	125	136

Squat 409–590 lb	Goblet Squat (single DB)	45	50	55	60
	Back Squat (est. max 200 lb)	125	140	156	170
Deadlift 315–393 lb	Trap Bar Deadlift/RDL	110	124	138	150

- Loads scaled to meet weekly %1RM intensities, providing safe but challenging alternatives.[54][55]

10–15 Minute Warm-Up Sequence for Each Day (Squat, Bench, Deadlift)

0–3 min: Cardiovascular Activation

- Treadmill walk, bike, or jump rope, gradually increasing pace

3–8 min: Dynamic Mobility

- Arm circles: 60 seconds (30s forward, 30s backward)
- Leg swings: 12 reps each leg, front-to-back and side-to-side
- Hip circles and openers: 12 each leg
- Spinal rotations: 12 per side
- Walking lunges: 10 per leg

8–12 min: Activation & Neural Prep

- Glute bridges: 2 x 15
- Band pull-aparts: 2 x 15
- Bodyweight squats or push-ups (depending on day): 2 x 15
- Push-up to downward dog: 8 reps

12–15 min: Primer Sets

- 1–2 sets of first main lift at ~40% working weight emphasizing perfect form.[51][54]

Daily Recovery Plan with Calorie and Protein Targets

- **Recovery Tasks:**
  - 10–15 min cooldown (easy walking or cycling)
  - Full-body static stretching, 30s per muscle group: hamstrings, glutes, quads, shoulders, chest, lower back
  - Foam rolling major muscles: 8–10 min total
  - Optional: contrast shower or ice pack for soreness
  - Sleep goal: 7–9 hours of quality rest
- **Nutrition Guidelines:**
  - Calorie intake: 14–16 calories per lb. of bodyweight (e.g., 140lb = 1960–2240 calories)
  - Protein intake: 1.0–1.2 grams per lb. bodyweight (140–168g protein for 140lb)
  - Pre-workout: Complex carbs + protein (oatmeal with eggs or banana with Greek yogurt)
  - Post-workout (within 45 min): 25–30g protein shake + fast carbs (banana, rice cakes)
  - Hydrate with 2–3 liters water daily, increase if heavy sweating

Progressive Exercise Swaps to Reduce Shoulder and Lumbar Loading

Original	Substitute	Recommended Load	Progression Notes
Barbell Bench	DB Neutral-Grip Bench Press	25–45 lb per dumbbell	Progress to barbell as strength improves
Military Press	Landmine Press or Arnold Press	25–55 lb loaded bar	Focus on controlled motion and scapular health
Bent-Over Row	Chest-Supported DB Row	25–45 lb per dumbbell	Increase reps before load progression

Back Squat	Goblet Squat, Bulgarian Split Squat	40–65 lb kettlebell or DB	Add weight gradually maintaining proper form
Conventional DL	Trap Bar Deadlift, Single-Leg RDL	60–100 lbs dumbbell	Focus on hip hinge pattern and balance
Romanian DL	Glute Bridge, Hip Thrust	70–135 lbs barbell	Increase difficulty by range before load

- Prioritize neutral grip, scapular stability, and controlled lumbar positioning.
- Gradually increase loads while maintaining injury-preventing form cues.[53][56][51]

This structured microcycle, scaled lifts, targeted warm-up, and systematic recovery ensure progression, safety, and injury prevention tailored to women training for strength and martial arts performance.[55][54][51]

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Show per-session %1RM and sets/reps for week 1 of the microcycle

Give exact substitute lift targets for the squat, bench, deadlift
Provide a 10–15 min timed warm-up for heavy squat days
Create daily recovery calories and protein by bodyweight
List progressive exercise swaps to reduce shoulder and lumbar load

Here is a detailed plan for week 1 of the 4-week microcycle with per-session %1RM, sets and reps, exact substitute lift targets for squat, bench, deadlift, a 10–15 minute timed warm-up specifically for heavy squat days, a daily recovery plan including calorie and protein targets by bodyweight, and progressive exercise swaps that reduce shoulder and lumbar loading. This is based on evidence and best periodization practices for women’s strength training.[63][64][65]

Week 1: Per-Session %1RM & Sets/Reps

Exercise Type	%1RM	Sets x Reps	Notes
Squat, Bench, Deadlift	62%	3 x 10	Emphasize technique, moderate volume, build base
Accessory Lifts	~60%	3-4 x 8-12	Focus on muscular endurance and hypertrophy

Substitute Lifts with Targets (Week 1)

Original Exercise	Substitute	Load Example (lbs)
Bench Press 379lb	Dumbbell Chest Press	30 lbs/hand
	Barbell Bench Press	100 lbs
Squat 409–590lb	Goblet Squat	45 lbs
	Barbell Back Squat	125 lbs
Deadlift 315–393lb	Trap Bar Deadlift	110 lbs
	Romanian Deadlift	75–85 lbs

(Note: Loads represent 62% 1RM based on typical strong female lifters' maxes scaled down for safety).[66][67]

10–15 Minute Warm-Up for Heavy Squat Days (Timed)

0–3 minutes:

- Light jog or jump rope to elevate heart rate and increase blood flow.

3–8 minutes: Dynamic Mobility

- Arm Circles (forward/back): 60 sec
- Leg Swings (front-back, side-side): 12 per leg

- Hip Circles/Opener: 12 per leg
- Spinal Rotations: 12 per side
- Walking Lunges: 10 per leg

8–12 minutes: Activation & Neural Prep

- Glute Bridges: 2 sets of 15 reps
- Band Pull-Aparts: 2 sets of 15 reps
- Bodyweight Squats: 2 sets of 15 reps with pause at depth

12–15 minutes: Primer Sets

- 1-2 sets of squats at ~40% of work weight focusing on perfect technique.[65][63]

Daily Recovery Checklist & Nutrition Targets

- **Recovery:**
  - 10–15 min cooldown walk or light cycling post-session.
  - Static stretches for hamstrings, glutes, quads, hips, chest, shoulders — hold 30 sec each.
  - Foam roll major muscle groups 8-10 minutes total.
  - Contrast shower or ice as needed for soreness.
  - Sleep goal: 7–9 hours nightly for optimal recovery.
- **Nutrition:**
  - Calories: 14–16 calories per lb bodyweight (example: 140 lb = 1960–2240 calories/day).
  - Protein: 1.0–1.2 g per lb bodyweight (140–168 g protein/day for 140 lb).
  - Pre-workout: Complex carbs + protein (e.g., oatmeal + eggs).
  - Post-workout (within 45 min): 25–30 g whey or plant protein + fast carbs (e.g., banana, rice cakes).
  - Hydration: 2–3 liters water daily; increase with sweat losses.

Progressive Exercise Swaps to Reduce Shoulder & Lumbar Loading

Original Exercise	Safer Substitute	Load Range (lbs)	Notes
Barbell Bench Press	Dumbbell Neutral-Grip Press	25–45 lbs per DB	Safer shoulder position, less stress
Overhead Barbell Press	Landmine or Arnold Press	25–55 lbs bar loaded	Reduces overhead stress
Barbell Rows	Chest Supported Dumbbell Rows	25–45 lbs per DB	Lower back supported
Back Squats	Goblet Squats / Split Squats	40–65 lbs (DB or KB)	Safer posture, less lumbar load
Conventional Deadlift	Trap Bar Deadlift / Single-Leg RDL	60–100 lbs DB	More neutral spine, balance focus
Romanian Deadlift	Glute Bridges / Hip Thrusts	70–135 lbs barbell	Targets posterior chain with less lumbar intensity

Gradually increase weights as technique and strength improve, maintaining a focus on injury prevention and control.[64][63][65]

This week 1 plan balances volume and intensity with warm-up, recovery, and alternative exercises for safer progressive strength gains specific to advanced women lifters and martial arts conditioning.

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Related

Convert week 1 session targets into a printable 1-page training sheet
Adjust week 1 %1RM and reps for a novice lifter with 3RM data
Provide exact alternative loads for squat/bench/deadlift using kg
Write the 10–15 min heavy squat warm-up as a timed interval script
Calculate daily recovery calories and protein for 70 kg, 85 kg, 100 kg

Here is a clear, concise 1-page printable training sheet for Week 1 of the microcycle, adjusted %1RM and reps for a novice lifter with 3RM data, exact substitute lift targets in kg, a timed 10–15 min warm-up script for heavy squat days, daily recovery calorie and protein targets for 70, 85, and 100 kg lifters, and progressive exercise swaps to reduce shoulder and lumbar loading—all ready for practical use.

Week 1 Training Sheet (Novice Adjusted)

Exercise	Intensity (%1RM)	Sets x Reps	Target Load (kg) (Novice 3RM scaled)
Squat	70%	3 x 8	55 kg (3RM ~78kg scaled 70%)
Bench Press	70%	3 x 8	40 kg (3RM ~57kg scaled 70%)
Deadlift	70%	3 x 8	60 kg (3RM ~85kg scaled 70%)

Accessory work: 60% 1RM, 3–4 sets, 8–12 reps.

Substitute Lift Targets (kg) Week 1

Original Lift (kg)	Substitute Exercise	Target Load (Week 1, kg)
Bench Press (~172 kg)	Dumbbell Neutral Grip Press	13–20 kg / hand
Squat (~185–268 kg)	Goblet Squat	20–27 kg
Deadlift (~143–178 kg)	Trap Bar Deadlift / RDL	50–68 kg

Loads scaled to ~70% 3RM for novice safety.

Squat Day 10–15 min Warm-Up Timed Script

- 0:00–3:00: Light cardio (jog, bike, rope) gentle pace

- 3:00–4:00: Arm circles (30 s each direction)
- 4:00–5:30: Leg swings (front-back and side-side, 12 per leg)
- 5:30–6:30: Hip circles/openers (12 per leg)
- 6:30–7:30: Spinal rotations (12 per side)
- 7:30–9:00: Walking lunges (10 per leg)
- 9:00–11:00: Glute bridges (2 sets of 15)
- 11:00–12:30: Band pull-aparts (2 sets of 15)
- 12:30–14:00: Bodyweight squats (2 x 15, hold bottom briefly)
- 14:00–15:00: Primer squat sets (2 x 5 at ~40% working weight)

Daily Recovery Nutrition Targets

Bodyweight (kg)	Calories (kcal)	Protein (g)
70	980 – 1120 (14–16 x 70)	70 – 84 (1.0 – 1.2 g/kg)
85	1190 – 1360 (14–16 x 85)	85 – 102 (1.0 – 1.2 g/kg)
100	1400 – 1600 (14–16 x100)	100 – 120 (1.0 – 1.2 g/kg)

Recommendations:

- Pre-workout: Protein + complex carbs (e.g., oatmeal + eggs)
- Post-workout: Whey/plant protein 25–30g + fast carbs (banana, rice cakes)
- Hydrate with 2–3 L water daily
- Sleep 7–9 hours for optimal recovery

Progressive Exercise Swaps to Reduce Shoulder & Lumbar Load

Original	Safer Substitute	Load Range (kg)	Notes
Barbell Bench Press	Dumbbell Neutral Grip Press	12–20 kg/DB	Neutral wrist, less impingement

Overhead Barbell Press	Landmine Press/Arnold Press	12–25 kg loaded bar	Safer overhead mechanics
Bent-Over Row	Chest Supported DB Row	12–20 kg / DB	Lumbar support
Back Squat	Goblet Squat, Split Squat	18–27 kg DB / KB	Reduces lumbar shear forces
Conventional Deadlift	Trap Bar Deadlift/Single-leg RDL	22–45 kg / DB	Neutral spine and balance
Romanian Deadlift	Glute Bridge, Hip Thrust	Bodyweight + 20–40 kg barbell	Targets posterior chain safely

This concise sheet provides clear training targets, substitutes, warm-up timed intervals, recovery nutrition by bodyweight, and exercise progression strategies for novices entering strength training safely and efficiently. You may print and use this as your Week 1 guide.[74][75][76]

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Create a one-page printable training sheet for week 1 with fillable fields

Convert the week 1 targets from %1RM into kg for 60–100 kg lifters
Adjust week 1 %1RM and rep schemes using a 3RM test result
Write the 10–15 min heavy squat warm-up as a timed interval script in seconds
Calculate daily recovery calories and protein per kg for 70, 85, 100 kg lifters

Here is a one-page printable training sheet for Week 1 with fillable fields, converted week 1 targets from %1RM into kilogram loads for 60–100 kg lifters, adjusted %1RM and reps for a novice using 3RM data, a 10–15-minute heavy squat warm-up timed in seconds, calculated daily recovery calories and protein per kg for 70, 85, and 100 kg lifters, and progressive exercise swaps to reduce shoulder and lumbar load.

Week 1 Training Sheet (Novice Adjusted)

Exercise	Target %1RM	Sets x Reps	Load (kg) Range for 60–100 kg lifters	Notes / Actual Load (Fill)
Squat	70%*	3 x 8	56 – 93	
Bench Press	70%*	3 x 8	36 – 60	
Deadlift	70%*	3 x 8	48 – 84	

*Using 3RM adjusted target loads (approximate 85% of 1RM).

Substitute Lifts & Loads (Kg)

Original Lift	Substitute	Load Range (Kg) for Week 1 (60–100 kg range)
Barbell Bench Press	Dumbbell Neutral Grip Press	12–20 kg per hand
Back Squat	Goblet Squat / Split Squat	18–27 kg (DB/Kettlebell)
Deadlift	Trap Bar Deadlift / RDL	45–68 kg

Heavy Squat Day: 10–15 Minute Warm-Up (Timed in Seconds)

- 0–180s: Light cardio (jog, row, jump rope)
- 180–240s: Arm circles (forward/back)
- 240–330s: Leg swings front-to-back and side-to-side (12 per leg)
- 330–390s: Hip circles/openers (12 per leg)
- 390–450s: Spinal rotations (12 per side)
- 450–540s: Walking lunges (10 per leg)
- 540–660s: Glute bridges (2×15 reps)

- 660–780s: Band pull-aparts (2×15 reps)
- 780–900s: Bodyweight squats (2×15 reps with pause at bottom)
- 900–960s: Primer squats (2×5 sets at ~40% working weight)

Daily Recovery Nutrition Targets (Calories & Protein per kg BW)

Bodyweight (kg)	Calories Range (kcal/day)	Protein Range (g/day)
70	980 – 1120	70 – 84
85	1190 – 1360	85 – 102
100	1400 – 1600	100 – 120

Guidelines:

- Protein: 1.0–1.2 g/kg/day
- Calories: 14–16 kcal/kg/day
- Pre-workout: Protein + complex carbs (e.g., oatmeal + eggs)
- Post-workout: 25–30g protein shake + fast carbs (e.g., banana, rice cakes)
- Hydrate with 2–3L water/day

Progressive Exercise Swaps for Shoulder and Lumbar Load Reduction

Original Exercise	Safer Substitute	Suggested Load (kg)	Notes
Barbell Bench Press	Dumbbell Neutral Grip Press	12–20 kg/hand	Neutral wrist, less stress
Overhead Barbell Press	Landmine or Arnold Press	12–25 kg loaded bar	Safer overhead mechanics
Bent-Over Barbell Row	Chest-Supported Dumbbell Row	12–20 kg dumbbell	Lumbar support

Back Squat	Goblet Squat / Bulgarian Split Squat	18–27 kg KB/DB	Reduced lumbar shear
Conventional Deadlift	Trap Bar Deadlift / Single-leg RDL	22–45 kg dumbbell	Neutral spine focus
Romanian Deadlift	Glute Bridge / Hip Thrust	BW + 20–40 kg barbell	Posterior chain without lumbar overload

This sheet can be printed and filled in physically or digitally for easy tracking and progression monitoring. It provides clear novice-appropriate targets, warm-up timing, nutrition guidance, and safer exercise progressions for optimal recovery and injury prevention tailored to women’s strength and conditioning goals.

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